

Fort Buchanan

El Morro

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The Sentinel of the Caribbean

OCTOBER 2010

RMO, Contracting rally to maximize fund use

By Luis Delgadillo
Fort Buchanan Public Affairs

There are few things that give accountants, budget analysts and contracting specialists reasons to let loose and party down.

The end of highly successful fiscal

year 2010 is one of those things.

The Resource Management Office knows it has something to be proud of. While managing the most money, approximately \$46 million, that has ever been allocated for Fort Buchanan since it's transition to a Army Reserve gar-

rison in 2005, RMO Director Steve Gray's staff has been able to successfully utilize all funds set aside for the garrison. As simple as that sounds the reality is much more complicated. Gray said RMO manages multiple funding streams from two distinct chains

of command, each with its own set of regulations and guidelines.

Accounting and populating all of those data fields effectively and efficiently is a tall order by itself but as

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FMWR



Commander's Town hall

Col. John D. Cushman, the garrison commander will host two town hall meetings at the Community Club this month.

"My intent is to conduct town hall meetings that will impart my command philosophy and provide the attendees with the opportunity to voice concerns and ask questions," wrote Cushman.

The first meeting will be for employees of the garrison and will take place Oct. 14 at 1:30 p.m. Cushman will present awards, give his remarks and hold a question and answer session. At the second meeting, Oct. 15 at 1:30 p.m., the commander will address tenants of the installation and hold a question and answer session.

New guards on the block



Photo by Luis Delgadillo

After graduating from their Department of the Army Security Guard training course Sept. 24, 15 new guards took to the gates and streets of Fort Buchanan Sept. 27. Although new to their jobs many of the guards have experience as military police or other law enforcement backgrounds.

Newly minted Department of the Army Security Guards have the right stuff to back up Fort Buchanan police.

By Luis Delgadillo
Fort Buchanan Public Affairs

Officially, the newest members of the Fort Buchanan workforce reported to work Sept. 29 but in reality these recruits have been training for their debut for the past three weeks.

During that time the new-

ly minted Department of the Army Security Guards have been defending themselves from each other's attack, they have volunteered to be shocked with a taser and have even endured the searing burn of pepper spray. Despite the peculiarity of their training the guards, many of whom have law enforcement backgrounds,

already know that it is just part of the job.

A job they became a part of when the group of 15 candidates graduated from their training and became Department of the Army Security Guards Sept. 24.

The group is now the first line of defense against intruders who would unlawfully at-

tempt to enter the installation.

The new federal guards replaced the contracted security company, which had been controlling access to Fort Buchanan.

The change was part of a move to bring the guard force under closer federal control.

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El Morro

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Every effort will be made to publish submissions in a timely manner. However, time, layout, style and editorial considerations, as well as determinations for publication, are made by the Commander or the Public Affairs Officer.



Commander's commentary

As I approach the 90-day mark of my command on Oct. 15, it was one of my priorities to conduct a Customer Survey of the garrison. The intent was to provide me feedback of Fort Buchanan's effectiveness in order to move forward in alignment with the Installation Management Campaign Plan.

I thank everyone who participated in the survey, for their time and for investing in Fort Buchanan's future. As the voice of the customer you are important to our organization. Your voice will have an impact on the quality of life for everyone who works, lives and enjoys what Fort Buchanan has to offer. Therefore, it is important for us to understand, learn, and respond to your perceptions, and most of all, your needs. We must share knowledge, support discussion, and impart lessons and information using Lt. Gen. Rick Lynch's three fundamental questions as our compass. They are:

Are we doing the right

things? My intent as a Commander of Fort Buchanan is to provide the facilities, programs, and services required to support Army readiness. We will do this through modernization of existing facilities to include new construction and infrastructure.

A priority of mine is energy conservation projects. Some of these energy initiatives include advance metering, renewable projects and air conditioning control systems, installing solar street lights, solar hot water, and wind power, among others.

Other projects to improve services include DFMWR projects such as increasing cardio space by renovating Bldg. 148; the new Child Development Center/School Age Services; and the construction of the Teen Center facility with a capacity of 150 spaces. These initiatives will contribute in sustaining an all-volunteer force, thus providing the infrastructure for current and future mission requirements. If we are doing the right things we should be getting ap-

propriate value for our activities based on requirements.

Are we doing things right?

These are times of transition and transformation, which may bring a certain degree of uncertainty to our workforce. To maintain and increase productivity under these conditions, Fort Buchanan must increase efficiencies through constant communication and feedback by means of town halls and an Open Door Policy. It is imperative to maintain an engaged and highly motivated workforce recognizing the importance of their contributions to overall mission. This will be accomplished through the implementation of a program that promotes teamwork and professionalism through employee recognition; that empowers the workforce through continuing education and training opportunities in a safe and healthy work environment. If we are doing things right we should be working in increasing efficiencies cutting out wasted time and

energy while maintaining safe practices.

What are we missing? We need to think what else we should be doing that is not being done already. We need to step back and focus on all of our resources — infrastructure and personnel — and evaluate how we have been using them in the past, how we are presently using them and most important, how to look for better ways to use them effectively and efficiently.

The customer survey, along with other feedback, provides us an excellent opportunity to prove our resiliency amidst all the changes to better serve our Soldiers, Civilians and Families. Once again, I thank you the members of the Fort Buchanan community who participated in the customer survey. Your opinions are not only highly valued but respected by this command. Fort Buchanan exists to support you, in my opinion, "It's all about the customer, Soldiers-Family Members-Civilians-Retirees."

The Army's Backbone *By Command Sgt. Maj. David G. Davis*

I read a great quotation once that went something like this, "Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all."

I thought about this quote the other day and the word effort came to mind. As your command sergeant major I will never "ding" you for failing as long as you make the effort. You may be overweight. You may need taping. You may fail the Army Physical Fitness Test. You may even have an addiction and are afraid to seek help. It matters not to me as long as you show up and put in the effort to do the right thing and not repeat the same mistakes.

The coming months usually brings many units to conduct the semi-annual Army Physical Fitness Test. To help you become successful, I ask that you look to your noncommissioned

officers for guidance and preparation. NCO's make it happen — they inspire Soldiers to work toward common goals, lead from the front and provide an example of what "right" looks like so Soldiers don't repeat the same mistakes. Your commitment, personal involvement and attention to detail are essential to success. It's been said the only place where success comes before work is in the dictionary. To be successful you have to try, work hard and never, ever quit.

Dale Carnegie, an American writer and lecturer, once said, "Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves." Franklin Roosevelt, our 32nd President of the United States, said, "When you come to the end of your rope, tie a knot and

hang on."

Probably the greatest example of determination and strength of mind is that of Abraham Lincoln. If you want to learn about somebody who refused to quit, look no further. Born into poverty, Lincoln was faced with defeat throughout his life. He lost eight elections, twice failed in business and suffered a nervous breakdown. He could have quit many times — but he didn't and because he didn't quit, he became one of the greatest presidents in the history of our country. Lincoln was a champion and he never gave up. Here is an outline of Lincoln's road to the White House:

1816 — His family was forced out of their home. He had to work to support them.

1818 — His mother died.

1831 — Failed in business.

1832 — Ran for state legislature and lost.

1832 — Also lost his job.

Wanted to go to law school but couldn't get in.

1833 — Borrowed some money from a friend to begin a business and by the end of the year he was bankrupt. He spent the next 17 years of his life paying off this debt.

1834 — Ran for state legislature again — and won.

1835 — Was engaged to be married, sweetheart died and his heart was broken.

1836 — Had a total nervous breakdown and was in bed for six months.

1838 — Sought to become speaker of the state legislature and was defeated.

1840 — Sought to become elector, defeated.

1843 — Ran for Congress, lost.

1846 — Ran for Congress again — this time he won — went to Washington and did a good

See CSM page 17

Defender 6 sends

CG takes energy out of the side conversation and places it front and center

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and Civilians in the workplace or Family members in the community, we did not give it much thought.

Maybe we paid attention to the Public Service Announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations.

So I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort (LOE) 6, was developed in support of the Army energy guidance.

The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

Since version 1 of the Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of

the Campaign Plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting.

The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the Campaign Plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals.

One example is metering. Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month.

Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which in-

stallations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsyl-

vania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y. The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management Community.

In addition to version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues.

However, when we consider those issues, we can also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges.

One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program.

And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, Civilian employee and Family member on the installation is responsible for doing his or her part.

Occasionally someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights."

Here is an idea: turn off the lights



Lt. Gen. Rick Lynch, Defender 6

and I will quit talking about it. When we have achieved the energy efficiencies that are possible-when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources-then we can talk about other issues, such as which Soldier and Family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services.

We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and Families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.

Support and Defend.

Lt. Gen. Rick Lynch, Defender 6



IMCOM small Fire Department of the Year: Fort Buchanan

The department displayed exceptional leadership and technical skills during the Caribbean Petroleum Company explosion that occurred in the early morning hours of Oct. 9 sending shock waves across the garrison and causing extensive damage.

Listed below are the other actions the Fort Buchanan Fire Department took that day.

- Crews rapidly evacuated more than 150 residents, deployed hose lines protecting assets and began damage assessment.
- Supplied 9.5 million gallons of water to Puerto Rico fire crew; cooling tanks and protecting property for 84 hours.
- Treated 16 individuals for cuts and abrasions with only 1 needing transported to medical facilities.
- Implemented a lateral command structure throughout the entire event.
- Performed over 100 structure fire & safety inspections during assessment phase; this allowed occupants access back to homes and buildings in minimum time.
- Commitment and devotion to duty during the response, recovery and assessment stages greatly contributed to the successful conclusion of the operation and reopening the Post.

Day to day the department also stood out.

- Mission diversity; providing struc-

tural, HazMat, EMS and Heli-Pad response support serving a population of 4,015 weekly, average of 44,000 visitors, 746 acres and 1034 buildings. Making a Difference!

- Astoundingly responded to 599 emergencies, a 20% increase over the past 24 months.
- Fire Prevention section completed 890 inspections reaching over 2,000 visitor’s increase of 35 %.
- Extricated 1 patient from major vehicle accident; immediately stabilized/ packaged victims. Full Recovery!
- Rescued individual from vehicle swept into waterway during torrential flooding.

Department level awards/accreditations/certifications/other recognition:

- A record setting 8 firefighters received Army Achievement Medals.
- 1 Commanders Award for Civilian Service. 1
- 11 Governors’ Letters of Commendation for Outstanding Service and Support to the Community.
- 11 Senate and House of Representatives Letter of Commendation for Outstanding Community Service.
- 7 Commanders’ Letters of Appreciation.
- 2 Cash Awards for exemplary service.

Innovativeness: Utilizing talent within the agency.

- Saved over \$73K acquiring 10 complete SCBAs utilization closure list from naval base. Resourcefulness!
- Orchestrated FP Week parade/open house/demos; preached safety message to >200 residents and >5K visitors --rave reviews. Aggressive education saving lives!
- Established cross training for police, safety, and medical personnel to augment hazardous material response



Fort Buchanan acting Fire Chief, Jackie Doherty standing here with, Marv Gunderson, the Fort Knox Fire Chief. Doherty accepted the award Aug. 26 during the 2010 DoD Fire and Emergency Services Conference.



Courtesy photos

team. Creative Networking!

- Secured a memorandum of agreement with 22nd Civil Support Team to augment hazardous material response team. Total Team!
- Provided Life Safety Code 101 briefs to 121 bldg. mgrs and contractors--reinforced compliance IAW local standards. Protecting Those Who Serve.
- Quality of life initiatives: Teamwork, Service, Unity, Commitment; own best resource.
- Saved over \$100K through extensive Self-Help projects to Fire Station alarm room, training, fitness, and sleeping quarters by resurfacing floor, painting and acquiring furniture.
- People 1st! Conducted 1st Children Christmas Party for department family members; increasing department morale. Being Part of the Family!
- Maintain strict environmental standards provided support to post wide clean-up after CAPECO refinery fire, clearing debris and rubbish.
- Worked side by side with Environmental performing mold abatement in station apartment.

Firefighter health, safety initiatives:

- Created site specific hazardous material plans for high risk facilities. 2009 ORI noted best seen to date!
- Formulated Directorate of Emergency Services Pandemic plan for first responders. Team Player!
- Implemented NFPA 1500 committee and weekly roll call safety briefing. OTHER: Community Support, Customer Service, Superior Response; Team Buchanan!
- Sparky and Friends visited pre-school during Christmas establishing holiday cheer and education.
- Participated in 8 official community events/ceremonies providing education and support.
- Sponsored 9th grade class, participated during homecoming week celebration and class skits.
- Adopted Cub Scout Local Pack providing tours and education for their Firemanship Badge.
- 2009 Fire Prevention Poster & Essay Contest for 1st-5th Grade. Over 250 entries; alidades from all corners of Garrison. New tradition started.



Fort Buchanan Fire Prevention Week Calendar					
Oct. 4	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
7:40 - 8:20 a.m. Antilles Middle School Sparky the Robot 9:00 a.m. Headquarters building 390, Proclamation, distribute materials. 9:30-11:00 a.m. AAFES Sparky the robot; distribute materials.	9:00-10:00 a.m. DECA Sparky the Robot, distribute materials. “Fire Prevention Classes”	9:00-10:00 a.m. 1st MSC Sparky the Robot, distribute materials 10:30-11:30 a.m. FMWR Activities (Community Club, Golf Course, etc.) Sparky the Robot, distribute materials	8:00-9:45 a.m. Antilles Elementary School, Sparky the Robot. Fire Prevention DVD’s 10:00-11:00 a.m. AAFES/DECA “Fire Prevention Classes” 1:15-1:45 p.m. AES Cafetorium Sparky the Robot, DVD.	9:00 a.m. AAFES Food Court Fire Safety Poster Contest Winners 9:30-10:30 a.m. Child Development Center Sparky, distribute materials 6:00-8:00 p.m. Basketball Court (Crane Loop) Cook Out (housing residents only)	10:00-1:00 p.m. Fort Buchanan Fire Department Open House

RMO, Contracting beat back early FY10 setbacks and end the year on top

FY10, from page 1

many Fort Buchanan community members know 2010 was no cake walk.

As the majority of the Fort Buchanan workforce completed their workday in a normal manner Sept. 30, members of the Resource Management Office and staff at the Contracting Office here celebrated the close of a turbulent but highly successful 2010. In recognition of the efforts of his staff, Steve Gray, RMO's director, hosted a catered meal with his team and special guests from the command group.

"Everyone please start eating," said Col. John D. Cushman the garrison commander, "you deserve to go first."

Earlier in the day, before breaking bread at the feast, Gray recounted the year's biggest issues.

"The biggest problems that we had from a resource management perspective would be the CAPECO (Caribbean Petroleum Company) incident and the Haiti mission," said Steve Gray, the director of RMO.

Even with the unanticipated pitfalls, RMO's staff still proved their worth when dealing with preparations and fielding the newest time and attendance system for employees, the Automated Time and



Photo by Luis Delgadillo

Norberto Santana a budget analyst with the Resource Management Office displays a list of training courses he's required to take as part of the implementation the latest accounting systems Sept. 30.

Attendance and Production System.

The system allows for electronic data entry at the employee level rather than requiring timekeepers at various offices to compile timecards.

But ATAAPS isn't the only new system RMO and the rest of the installation will have to contend with.

"Another system that is taking a lot time in this office is GFEBS," said Héctor Torres, budget officer for RMO.

The General Fund Enterprise Business System is the Army's new web-enabled financial, asset and accounting management system, which is designed to standardize and

streamline the sharing of critical data across the Army.

Torres said the work and training, which has to be done in anticipation of GFEBS, is time consuming and though manageable, it still demands attention from RMO staff.

Gray said that fielding the new systems and each incident on its own was a challenge but the timing was what caused the greatest issues.

"It was the timing of those two events, that really made financial matters difficult here," he said.

As the garrison dusted itself off from the explosion at the CAPECO refinery October 9, 2010 Gray, Torres, and the

rest of the RMO office had no idea that in a few months they would have to do their part to help Haiti.

Devastated by a magnitude 7.0 earthquake, which struck the impoverished island nation on Jan. 12, 2010, Haiti continues to pick up the pieces but in those first few months the garrison and the Army Reserve worked tirelessly to ensure that immediate relief was delivered effectively and efficiently.

RMO staff members were not only instrumental in delivering the resources, they were also responsible for ensuring that any reimbursable funds

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Thank you for taking the survey

From the Plans Analysis and Integration Office

Thank you to all the Soldiers, Family Members, Civilians, Retirees, Veterans and Contractors who participated in the Customer Service Assessment. By taking the time to accomplish this survey, your voice will have an impact on the quality of life for everyone who lives, works and plays at Fort Buchanan.

The results for the survey across IMCOM, are now being downloaded and analyzed for every installation that participated. Reports will be ready for HQ IMCOM and the garrison commanders in late November/early December. You should expect to see these results soon after through various media such as the newspaper, El Morro and the garrison Web site (www.buchanan.mil).

Your voice will be heard as we all work to improve the quality of service to a level deserving of your dedicated service to our nation. For more information on the survey contact Plans, Analysis and Integration Office (PAIO): Ms. Awilda Morales, ICE Manager, 787-707-2207, e-mail awilda.morales@us.army.mil or Mr. Josian Sánchez, Management and Program Analyst, 787-707-2747, e-mail josian.sanchez@us.army.mil.



REWARD
\$1,000.00



FOR: Information leading to the arrest and conviction of person(s) unknown responsible for the Larceny of a U.S. Government owned weapon.

The Puerto Rico CID Office initiated an investigation regarding the Larceny of a Government owned M16-A2 Service Rifle, assigned to the 346th Headquarters and Headquarters Detachment, TC BN, Ceiba, PR 00735. Investigation revealed between 20 and 21 Feb 10, unknown person(s), stole the M16-A2 from a tent located in the vicinity of Building 2297, Barnes Rd, Naval Activity Puerto Rico (formerly known as Roosevelt Road Naval Base), Ceiba, PR.

IF YOU HAVE ANY INFORMATION ABOUT THIS INCIDENT PLEASE CONTACT THE PUERTO RICO CID OFFICE AT COMM: 787-707-3845/3843, DSN: 740-3845/3843, EMAIL: PUERTORICO-CID@CONUS.ARMY.MIL, OR CALL YOUR LOCAL CID OFFICE AND/OR MP STATION.

THE PAYOUT OF CASH REWARDS TO MILITARY AND FEDERAL EMPLOYEES FOR INFORMATION LEADING TO A CONVICTION IS CONTINGENT UPON THEIR EXCEPTIONAL ACTIONS REGARDING THE INFORMATION PROVIDED

Expires 24 Feb 2011

USACIDC (ROD) 0013-10-CID253-21493.

Survivor Outreach Services (SOS) Program Life Skills Classes:

Classes will be offered Oct. 6 and 20 from 1:00 p.m. – 3:00 p.m.
For Location of classes call SOS at (787)707-3692

Topics of the Month

Financial: Managing Checking and Savings Accounts
Emotional Support: "How can I move on?"

SUPPORT GROUP MEETING: We will conduct a Survivors Support Group on Sunday Oct. 17 at Red Cross Facilities, San Juan

For information please call:

Minerva Rosado, SOS Support Coordinator, 787-707-3692 or via e-mail: minerva.rosado1@us.army.mil or call Liza Roman, SOS Financial Counselor, 787-707-3356 or via e-mail: fermina.roman@us.army.mil

"We can help you cope with your loss, for as long as you desire"

DLA changes name, keeps good service

By DEA Public Affairs

The Defense Reutilization and Marketing Service and the local Defense Reutilization and Marketing Office or DRMO took on a new name today. It's about helping DOD and our customers see the full value of DLA as we enter a time of ever-shrinking resources.

The local site is now called DLA Disposition Services. It will provide the same level of service and support to warfighters and other customers in the disposition of excess property and management of hazardous waste as before. No changes in local operating hours or services will result. The same name will be used worldwide to provide unity.

DLA Disposition Services is part of the Defense Logistics Agency, or DLA, as it was under its former name. All other DLA field activities also took on new names today to bring additional

unity to their efforts as well.

In addition to the local operation, DLA Disposition Services is part of a global community that operates field sites in 41 states and 16 foreign countries.

Along with overseas operations in Europe, the Pacific and Africa, it has field sites in Afghanistan, Iraq and Kuwait. In Iraq small teams fan out from the field sites to forward operating bases to work with combat units as they clear their bases as part of the responsible drawdown and reflecting a long term commitment to stewardship.

The DLA Director, Navy Vice Admiral Alan Thompson, said he sought a clearer identity for all DLA elements to make it easier for customers to interact with the agency and help service members take advantage of DLA's comprehensive missions, products and services.

TSA finalizes Secure Flight Program

SAN JUAN – This fall, the Transportation Security Administration will complete implementation of the Secure Flight Program, which aims to enhance the security of domestic and international commercial air travel using improved watch list matching.

Effective November 1, all passengers will be required to have Secure Flight Passenger Data in their reservation at least 72 hours prior to departure. Although not effective until November 1, note that some airlines are requiring this information immediately.

SFPD includes traveler's full name, date of birth, gender, and redress number, if applicable. The traveler's full name must match the government issued identification (driver's license, passport, or military identification). For example, if the government identification used contains full middle name, then the SFPD must reflect full middle name.

The Defense Travel System (DTS) was modified in September 2009, to capture and transmit the required SFPD. Travelers making reservations in DTS must verify the SFPD is accurate and complete. Do NOT include rank, titles, suffixes ("CPT", "Maj", "CMSgt", "Mr.", "Dr.", "Ms.", "Jr.", "Sr.", "III", "IV", etc.) or special characters in the SFPD. This information will be saved to your DTS TSA profile.

The system will continue to prompt travelers to verify or update this information each time they attempt to make any travel reservations.


Effective October 1, if personnel contact the commercial travel office directly to make reservations, travelers will be required to provide SFPD at the time the reservation is requested or the reservation will not be accepted.

The Secure Flight Program

The goal of the program is to identify known and suspected terrorists and prevent them from boarding aircrafts or gaining access to secure areas of U.S. airports.


Airlines are not allowed to issue a boarding pass until the SFPD is transmitted and an authorization to print a boarding pass is received from TSA.

If cleared, travelers are able to print boarding passes up to 24 hours before departure. If a traveler does not pass the review, TSA may provide instructions to the airline to conduct enhanced screening at the airport or to deny flight access.



Picture This

Watch for the Details—Break the Cycle



Terrorist Planning Cycle

Broad
Target
Selection

Intelligence
and
Surveillance

Specific
Target
Selection

Pre-attack
Surveillance
and Planning

Attack
Rehearsal

Actions
on the
Objective

Escape
and
Exploit


The conspirators of the Fort Dix plot chose five military installations and one military event across three states before finally selecting Fort Dix as the location to attack.

One of the conspirators was a pizza delivery person who used his access to the installation as a means of obtaining maps and locating large concentrations of Soldiers and critical facilities on Fort Dix.

The conspirators worked to obtain a large amount of weapons both through legal and illegal means.

The conspirators trained with weapons numerous times at remote outdoor ranges in Pennsylvania while also rehearsing actions on the objective through the use of paintball weapons close to their residence.

The Action of One Can Save the Lives of Many




Terrorists' plans aren't usually uncovered in neat bullet points; such plans are usually foiled by someone seeing—then reporting—one suspicious detail. Like the one that Circuit City employee Brian Morgenstern saw in a video the suspects described above gave him. After Brian saw "stuff" on the film that was disturbing," he called Mount Laurel, NJ police, who quickly involved the FBI. Brian's actions illustrate how proactive awareness can uncover prospective terrorists and their methods. Antiterrorism is principally defensive, but any vigilance on your part—that's going on the offensive.

Brian Morgenstern
Circuit City employee

Always Ready, Always Alert

Because someone is depending on you



DEA National Take Back Day yields 1,000 pounds of prescription drugs

By DEA Public Affairs

SAN JUAN – The Drug Enforcement Administration (DEA) Caribbean Division collected approximately 1,004 pounds of prescription drugs in Puerto Rico and the U.S. Virgin Islands during the DEA National Take Back Day announced today Javier F. Peña, Special Agent in Charge of the Caribbean Division.

"This amount represents 1/2 ton of prescription drugs turned in by the public on both United States territories that will not make it into the illegal drug market," said DEA Special Agent in Charge Javier F. Peña. "DEA thanks the people of Puerto Rico and of the U.S. Virgin Islands for their overwhelming support to this effort to keep prescription drugs out of the wrong hands"

In Puerto Rico DEA collected 750 pounds of prescription drugs. In the U.

S. Virgin Islands DEA collected 254 pounds of prescription drugs. DEA operated 11 collections sites in Puerto Rico and 5 in the U.S. Virgin Islands last Saturday.

The following agencies and community organizations provided significant assistance to DEA during the National Take Back Day: U.S. Attorney's Office for the District of Puerto Rico, Food and Drug Administration San Juan District Office, PR Senate, PR Department of Justice, PR Department of Consumer Affairs, PR Health Department's Anti Addiction and Mental Health Services Administration, PR National Guard, Puerto Rico Police Department PR-VI High Intensity Drug Trafficking Area, San Juan City P.D., Guaynabo City P.D., Partnership for a Drug Free Puerto Rico, Virgin Islands Police Department, and the U.S. Postal Service in the USVI.

402nd CAB takes control in Djibouti

CAMP LEMONNIER, Djibouti — The U.S. Army 402nd Civil Affairs Battalion with home station at Fort Buchanan, Puerto Rico, took over as the battalion headquarters for the Horn of Africa in a transfer of authority flag unfurling ceremony Sept. 14, at Camp Lemonnier, Djibouti.

The 418th Civil Affairs Battalion, the outgoing unit, was the first battalion headquarters to stand up on the African continent. The battalion also managed 12 civil affairs teams in seven countries that completed more than 100 projects, including more than a dozen medical and veterinary projects.

"The 402nd Civil Affairs Battalion is comprised of approximately 130 soldiers whose mission it is to support the CJTF-HOA mission by helping local nations come up with African solutions to African problems", said the battalion's Command Sergeant Major Jose Torres. "We cover the whole plethora (of projects) through engagement projects with the host nation governments," said U.S. Army Lieutenant Colonel Jeffrey Jurasek, 402nd CAB BN Commander.

Civil affairs teams refurbish hospitals, schools and clinics, as well as drill wells and conduct medical and veterinarian exercises and trainings.

"All the projects are planned in coordination with CJTF-HOA, the U.S. Agency for International Development and local embassies," Torres said. The 402nd Civil Affairs Battalion will be deployed in Djibouti for approximately one year, until another unit takes its place. Most of the Battalion headquarters is run by Puerto Rican Soldiers.



Courtesy photos

Left: 402nd Civil Affairs Battalion Colors are unfurled by Lt. Col. Jeffrey Jurasek and Command Sgt. Maj. José Torres during a transfer of authority ceremony at Camp Lemonnier, Djibouti Sept. 14. Above: the color guard for the 402nd CAB performs their role during the transfer of authority



Suicide prevention: we don't have to be experts, we just have to care

Story by Kim Reischling
Fort Polk Public Affairs

FORT POLK, La. — I've stared at this blank canvas — the open page on my word document program — on and off for hours. I haven't been idle, though. In between frustrated backspacing and vacuous stares, I've responded to e-mails, answered phone calls, arranged coverage of installation events and myriad other duties that compose the majority of my work day.

I know exactly what I want to get across in this commentary. I'm a journalist, so I usually have no trouble putting words together. But today is different, perhaps because what I want to write about is personal and close to my heart; perhaps because it's something many of us would prefer to ignore. It's too painful, too shocking, too grief-invoking, too taboo a topic even in today's progressive society.

Suicide. In 2006, it was the 11th leading cause of death in the U.S., accounting for 33,300 deaths, according to the National Institute of Mental Health. And in the Army population, this year suicide has become the third leading cause of death. But statistics are too sterile. They do little to depict

the tragedy, the ugliness, the shocking brutality of suicide ...

My first exposure to suicide occurred when I was an impressionable 14-year old, when a close family friend committed suicide in a way that shocked even medical authorities. Suffering from depression, bereft at the dissolution of his marriage, my father's friend repeatedly stabbed himself until he bled to death, at first puzzling the investigating police who thought a murder had taken place. His act was beyond my comprehension. For months, I experienced sleepless nights imagining the pain he must have felt to end his life in such a horrible way. How could anyone fail to see that pain? How did his family and friends miss his cries for help? Even now, years later, when I think of him, it haunts me to imagine his final moments.

Almost 30 years later, my mother passed away at the ripe old age of 57 after a years-long battle with bipolar depression, a mental illness that carries with it a high suicide rate. Even the medical examiner suspected that she had committed suicide.

The fact that she actually died of heart failure did nothing to erase the

See PREVENTION page 13

Fort Buchanan leaders offer help to those in need



Photo by Luis Delgadillo

Members of the Fort Buchanan Religious Services office, in conjunction with leaders from the Army Substance Abuse Program work to offer assistance to those in the community contemplating suicide. The static display above, along with information displays could be found during September's suicide prevention week. Despite the week-long focus, leaders at Fort Buchanan continue to cast light on the prevention of suicide throughout the year.

Refund or return? Exchange policy offers shoppers relief

Story by Grace M. Fuentes
AAFES Public Affairs

PUERTO RICO – Recent industry statistics show that more than \$200 billion worth of merchandise is returned to retailers annually. Since returns are ultimately inevitable, the Fort Buchanan Exchange wants to ensure that military shoppers are aware of its hassle-free return policy.

“Depending on the product, the Exchange offers an industry-leading return policy to maintain maximum customer satisfaction,” said the Exchange’s General Manager Rick Mora. “If, for some reason, the product doesn’t measure

up, we have the processes in place to make it right.”

The process for merchandise returns at the Exchange is as follows:

- 90 days: Items in new condition may be exchanged or returned within 90 days except for the following:
- 30 days only: Jewelry and Watches, Camcorders, Televisions, Digital Cameras, Furniture, Mattresses, Major Appliances and Gas Powered Equipment
- 15 days only: Computers and unopened software/peripherals, CDs, DVDs and video games
- Non-Refundable: Gift Cards, prepaid music and wireless and phone

cards.

If a shopper requests a refund with a sales receipt, a cash refund will be made if the original purchase was made in cash. If the original purchase was made by credit card, the refund will be credited to the customer’s same credit card.

If a customer requests a refund without a sales receipt, the refund amount will be loaded on an AAFES Merchandise Card.

In addition to returns on items purchased at the Exchange, military shoppers dissatisfied with a catalog item can return it to their nearest Army &

Air Force Exchange Service, Marine Corps, Navy or Coast Guard exchange for a full refund and, if applicable, the U.S. Customs fee.

If the return is due to an error on the Exchange’s part, the shopper will be reimbursed the standard shipping charges in full.

“We take our commitment to serving those who serve very seriously,” said Mora. “On the rare occasion when a product fails to meet a shopper’s expectations, it’s extremely important that they have a hassle-free experience when it comes to returning and exchanging merchandise.”

PX customers get chance to ‘Sound off’

Story by Grace M. Fuentes
AAFES Public Affairs

PUERTO RICO – The Army & Air Force Exchange Service is constantly seeking opportunities to improve on the exchange benefit. As part of this effort, the Department of Defense’s oldest and largest exchange service relies on an ongoing Customer Service Index to provide localized, real time snapshots of the job Exchange facilities are doing to improve the value of the support provided to Soldier and their families.

The survey, which addresses customer service, pricing, sales associate availability, merchandise assortment and many more key issues, is admin-

istered at one-fourth of Exchange main stores every quarter.

Fort Buchanan shoppers’ opportunity to participate in the 2010 Customer Service Index is coming to the Exchange October 16 through November 6. During this time, troops and their families are encouraged to visit the exchange to provide feedback on locally available services. Beyond improving the exchange benefit, shoppers who participate will also receive a coupon worth \$5 off their next purchase at the Exchange.

“We want to hear from as many Puerto Rico shoppers as possible,” said the Exchange’s General Manager Rick

Mora.

“Efforts like the CSI are critical to not only improving the shopping experience, but also bolstering the MWR dividend the Exchange annually delivers to the community as healthy exchange operations produce greater returns for Army quality of life programs.”



AAFES implements high tech ID check

Story by AAFES Public Affairs

DALLAS – Implementation of an updated point-of-sale system that leverages the technological advances available through “smart” Common Access Cards is streamlining the identification process for age-restricted items at Army and Air Force Exchanges.

“According to DoD Instruction 1330.21 and Army Regulation 215-8, Exchanges are required to restrict the sale of certain items such as alcohol and tobacco,” said the Army & Air Force Exchange Service’s Chief of Staff Col. Virgil Williams.

“Prior to implementation of the ‘smart’ ID cards, exchange associates had to visually inspect the identification in order to complete the sale.

Now, our scanners at the register can work directly with the card to verify eligibility.”

The Exchange’s new point-of-sale system, which rolled out to CONUS locations on Sept. 22 and is scheduled to be release at European and PAC facilities before the end of the month, prompts associates to check identification when a restricted item is scanned.

Scanning the bar code on the front of the shopper’s ID card allows the Exchange’s system to determine the customer’s age and quickly complete the transaction.

The system does not print the customer’s birth date on a receipt or store the information in any way.

“This is a convenience issue,” said Williams.

“It’s simply a matter of what is easiest for the shopper and, because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items.”

According to Williams, scanning IDs

to verify age is consistent with DoD Instruction 1000.13, which deems “U.S. Armed Forces Identification” cards as “the primary ID for active duty Uniformed Services members and shall be used to identify the member’s eligibility for benefits and privileges...”

“In this case the Exchange is identifying whether the shopper is eligible to purchase age-restricted items,” said Williams.

“As a result, I believe this effort is consistent with the DoD’s intent behind ‘smart’ IDs and am excited about the efficiencies combining it with the Exchanges’ point-of-sale system presents.

Furthermore, I’m confident this process is protecting the benefits of authorized shoppers by verifying ages on items, such as knives and mature rated music, video and games, as well as tobacco and alcohol.”

Exchange ranks high as employer

Story by AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service has received accolades from Military Spouse magazine as a top military-spouse employer. The Exchange earned the number four spot in the annual top ten list, moving up two places from 2010.

Military Spouse evaluates companies on the active recruiting of military-spouses, results of the recruiting, policies affecting them as well as the availability of programs to ensure opportunities for advancement. The application pool consisted of approximately 2,500 companies which had earned a minimum of \$1 billion in annual revenue.

With programs like Military-Spouse Preference and Spouse Continuity, which are designed to assist transitioning military spouses, the Exchange continues to shine in the area of military-spouse friendly employment.

“It is an honor to once again be recognized as a top military-spouse friendly employer,” said the Army & Air Force Exchange Service Senior Vice President of HR, James Moore. “It validates our tireless efforts to develop a lifelong emotional connection with those we serve.”

The 2011 list marks the third year that Military Spouse has selected the Exchange to appear on the Top 10 Military-Spouse Friendly Employers.

Department of the Army Security Guards report for duty

GUARDS, from page 1

On a recent training day, prior to their graduation, recruits gathered near the former Directorate of Public Works building to conduct self defense, and taser and pepper spray familiarization training. It was the most

eventful day they'd had and it began with potentially life-saving training, which Lead Police Officer Chris Nelson said included, "techniques to defend themselves from getting their weapon taken from them."

Instructor and Police Supervisor, Sgt. Richard Olmeda,

took volunteers through self defense techniques. Patiently correcting their mistakes, Olmeda seemed composed and measured in his instruction, "if he (potential assailant) grabs you it's too late," he reminded the volunteers. Soon, they would be glad he possessed

calm and patience as personality traits because Olmeda was about to send thousands of volts of electricity through their bodies.

His voice was calm, "get down, lie perfectly still and relax," Olmeda said to the first volunteer. Then he would wait until the trainee was in position before saying, "ready? Taser, taser, taser," while simultaneously triggering the shock that would seize the recruits mid breath. To many it felt like an eternity before they could muster up enough strength to cry out in agony.

Their cry was followed immediately by cheers of encouragement from their peers and the realization that they could indeed handle a taser's kick.

Soon they all felt the relaxing sting of the stun gun but later that day a more painful training event awaited them,

pepper spray.

"The purpose of the training is to certify them as federal security guards for the Department of the Army," Olmeda said.

In addition to the physical tasks Olmeda said the guards have learned the security and police theory needed to prepare them for guard duties.

"They are going to be in charge, of the entries and exits of the installation and also possibly during the evenings doing security checks of the important places on the base," he said.

Ready? Taser, taser, taser,

**- Sgt. Richard Olmeda,
Instructor, Police Supervisor**



Photo by Luis Delgadillo

Department of the Army Security Guard, Itzaira Otero Rivera receives a shock during taser familiarization training Sept. 10. The familiarization training also included pepper spray familiarization.

GUARDS continues pages 10, 11

DES's Police Services Division offers plan of action in 'active shooter' scenario

An active shooter is a person who is using a firearm or other weapon with the intent to injure or kill others. Law enforcement personnel will deploy to the location of the active shooter with the primary goal of neutralizing the threat.

An active shooter incident can occur under a variety of circumstances, so no one set of guidelines is able to cover specific actions to take in every situation.

Even so, familiarity with the following information can help with planning your own survival strategy in a variety of incidents.

It is not a new phenomenon and no geographic region is excluded.

If you are involved in a situation where someone has entered the area and started shooting, the following are a list of recommended actions:

- If you can safely leave the building, do so immediately.
- Notify anyone you may encounter to exit the building immediately.

- Once outside seek safe shelter immediately.

- Notify the Fort Buchanan Police Department at 787-707-4911

- Give the Dispatcher the following information:

- a. Your name
- b. Location of the incident (be as specific as possible)
- c. Number of shooters (if known)
- d. Identification of shooter (if known)
- e. Number of persons who may be involved
- f. Your location

If you are directly involved and exiting the building is not possible, the following actions are recommended:

- Go to the nearest room or office.
- Close the door, lock if possible.
- Cover the doors and windows.
- Stay away from the window.
- Turn all lights and audio equipment off, turn your cell phone on vibrate.
- Keep quiet and act as if no one is in the room.
- DO NOT, answer the door.

- Officers will enter your building and check each room to assist you out of the building.

- If away from your room or office, join others in a room that can be locked.

- Do not stay in the open hall or other open areas.

- Do not sound the fire alarm. A fire alarm would signal the occupants in the rooms/offices to evacuate the building and thus place them in potential harm as they attempted to exit.

- Try to stay calm and be as quiet as possible.

- Notify the Fort Buchanan Police Department at 787-707-4911

Give the Dispatcher the following information:

- a. Your name
- b. Your location (be as specific as possible)
- c. Number of shooters (if known)
- d. Identification of shooter (if known)
- e. Number of persons who may be involved

If you are caught by the intruder out in the open you must decide what you are going to do.

This is a very critical time and can possibly mean life or death depending on the actions you decide to take.

1. If you are not going to fight back, do not look the intruder in the eyes, and obey all commands.

Don't speak unless spoken to and then only when necessary. Do not talk down to the captor who may be in an agitated state. Avoid appearing hostile.

2. Remain calm. Avoid speculating. Comply with instructions best as you can. Avoid arguments. Expect the unexpected.

3. Be observant. You may be released or escape. The personal safety of others may depend on your memory.

For more information related to active shooter scenarios and for training schedules contact the DES's Police Services Division at (787)707-3337.



Daniel Martes administers a take-down technique to his fellow Department of the Army Security Guard Adbias Martinez during self-defense training at Fort Buchanan as Instructor and Police Supervisor Sgt. Richard Olmeda observes. Fifteen guards graduated the training course and now staff the garrison's entry control points.

GUARDS, from page 9

Deida, training officer with the Police Services Division, “ I’ve reinforced the idea that you treat people the way that you would want to be treated.”

Deida said he was confident in the abilities of the freshman guards because of the strength and experience of the police instructors in the DASG training course, instructors like Olmeda.

“We have qualified, skilled instructors who provided their expertise and knowledge to the guards ... to make sure that when they (guards) are out there, if a question arises or any situation comes up they will know how to respond,” Deida said.

While many instructors would be quick to boast such a claim about the quality of training provided, Deida’s statement holds water. Many of the police officers who participated in the training program

were on the job when the terrorist attacks of Sept. 11, 2001 occurred.

That means that they have more than eight years of experience dealing with the intricacies of posture levels, access control measures among other things.

During their graduation ceremony the guards were visited by many leaders of the Fort Buchanan community who stressed the importance of professionalism and courtesy, judging by the expressions on their faces the words were sinking in.

One by one the graduates accepted their diplomas, each acknowledging the applause from family members who attended the ceremony.

Today, they can be seen at the entries to the garrison and with their training behind them they stand ready to defend Fort Buchanan.



The Chief of police, Vicente González speaks to the first class of Department of the Army Security Guard prior to their graduation ceremony Sept. 24.



Col. John D. Cushman, garrison commander; stands with Rafael Aguilar after he received a certificate of appreciation for assisting instructors of the Department of the Army Security Guard course Sept. 24 at Fort Buchanan.



Col. John D. Cushman, garrison commander; stands with Héctor Ortiz after he received a certificate of appreciation for assisting instructors of the Department of the Army Security Guard course Sept. 24 at Fort Buchanan.

Sgt. Richard Olmeda administers a taser to a volunteer as part of taser training. The volunteer volunteered to receive the training as part of the Department of the Army Security Guard training.



Photos by Luis Delgadillo

ards Sept. 30 and emphasizes the need for effec-



ministers an electric shock to Guard, Milton
amiliarization training. All fifteen guards
e shock as part of their Department of the Army
course,



Fort Buchanan and DES leadership gave the recruits words of encouragement coupled with messages emphasizing the importance of civility and professionalism Sept. 24 during the graduation ceremony of the first class of Department of the Army Security Guards.

The quiet composer



Photo by Luis Delgadillo

Fort Buchanan, Chaplain, Lt. Col. Paul E. Linzey studies pages of music at his piano in the Religious Services Office Sept. 7 in preparation for the garrison's Patriot Day Celebration. Despite the diminutive piano before him, Linzey is well regarded for his musical abilities.

Family Advocacy Program:
Relevant, ready to give care

Story by Wilda Díaz
Family Advocacy Program manager

The U.S. Army Family Advocacy Program is dedicated to the prevention, education, prompt reporting, investigation, intervention and treatment of spouse and child abuse. The program provides a variety of services to Soldiers and Families to enhance their relationship skills and improve their quality of life. This mission is accomplished through a variety of groups, seminars, workshops and counseling and intervention services.

Seminars and workshops are available to military units or/and family support group.

Unit commanders are encouraged to contact their Family Advocacy Program Manager (FAPM) to schedule workshops and trainings that meet units' specific needs.

Some topics include:

- Command and Troop Education
- Community Awareness
- Conflict Resolution
- Couples Communication Skills
- Family and Stress Management
- Prevention Programs and Services
- New Parent Support Program
- Parent Education
- Domestic Violence Prevention
- Victim Advocate Program
- Relationship Support
- Safety Education
- Respite Care Program
- Emergency Placement Care Program
- Reporting Procedures
- Dating & Prevention Violence

For additional information please call Ms. Wilda Díaz, FAP Manager at 787-707-3709 or Ms. Carmen Teresa Rivera, FAP Educator at 787-707-3698.



Don't miss
the excitement



2010 AHS FOOTBALL SCHEDULE

DATE	VISITOR	HOME	FIELD	TIME
Friday, Sept 3	Steelers	Antilles	Maxie Williams Jr. Field	7:30PM
Friday, Sept 10	Blue Wave	Antilles	Maxie Williams Jr. Field	7:30PM
Friday, Sept 17	Dolphins	Antilles	Maxie Williams Jr. Field	7:30PM
Friday, Sept 24	Comets	Antilles	Maxie Williams Jr. Field	7:30PM
Friday, Oct 1	Blitz	Antilles	Maxie Williams Jr. Field	7:30PM
Friday, Oct 8	Antilles	Steelers	Catano Field	7:30PM
Friday, Oct 15	Antilles	Blue Wave	Catano Field	7:30PM
Saturday, 23	Antilles	Dolphins	Catano Field	5:00PM
Oct 29-30			Playoffs	
Nov 5-6	Championship		Rebekah Colberg	5:00PM
Nov 12-13	All Star Game		TBA	TBA

INSTALLATION COMMANDER'S PROCLAMATION:

OCTOBER 2010:
ARMY DOMESTIC ABUSE AWARENESS MONTH
Theme: Imagine an Army Free of Domestic Abuse:

• Prepare • Prevent • Protect

Army Commanders, Soldiers, Army Families, and all members of the Army Community are in strategic positions to lead the Army's efforts to prevent domestic abuse. If each person in the community supports and participates in educational programs that deal with the challenges that accompany military life, we can build and strengthen individual and Family resiliency, maintain readiness and stop domestic abuse.

As our Army community reflects upon the Army Family Covenant and the IMCOM Commander's Statement of Intent to sustain the Army Community of Excellence, it is clear that Army leadership is fully committed to support its Families and overcome any negative forces that diminish their health and well being. Domestic Abuse, at any degree of severity, undermines that commitment. As Army Families live with multiple stressors, deployments and their aftermath, conflict and distress, the involvement of the entire Army community is critical.

The Army has a comprehensive approach to the prevention of domestic abuse, assuring that all members of the Army community have the opportunity to **PREPARE** for the challenges that often occur in intimate relationships. The Army also provides a broad spectrum of resources everyone can use to **PREVENT** domestic abuse from occurring initially, and can develop skills to help restore stability and health if needed. The entire community can work together as a team to **PROTECT** victims and hold offenders accountable when abuse occurs.

The Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage, remain the foundation of prevention efforts. It is not easy to report abuse, especially when it occurs in a Soldier's own home, or within a friend's home. Reporting abuse is always a matter of Duty, Honor and Integrity, and making the report often requires Personal Courage.

The key to effective prevention is a firm commitment from command and all members of the Army community to be prepared with knowledge about the signs of domestic abuse, and how to report it. It is essential that every member of the Army community take advantage of the many resources available to prevent abuse from occurring, and to fully engage in the efforts to help abusive individuals and Families.

"Share a sense of purpose – become Army strong, watch out for one another and intervene when necessary" - Prepare, Prevent and Protect. The Family Advocacy Program on each installation is a good starting place.

IMCOM ACS MWR

JOHN D. CUSHMAN
Colonel, LG
Commanding

Stories of triumph, coping reverberate throughout Army

PREVENTION, From Page 7

weeks of uncertainty my siblings and I spent sick to our souls, wracked with guilt that we didn't do enough for her, that somehow we didn't hear her cries for help, that we should have taken better care of her. And we didn't know how we'd live with the burden.

Five years later, as my brother-in-law lay dying of pancreatic cancer; my sister told me she would kill herself after he died. There was no point, she said, in going on without her husband, the love of her life, the man she had depended on since the age of 17. Her words gnawed at me, and I knew then that we both needed help.

Upon the advice of a Fort Polk chaplain, I took the Army's suicide prevention course — Applied Suicide Intervention Skills Training, or ASIST. The training taught me that it was vital to open

a dialogue with my sister, that talking with her honestly about suicide was not going to put her over the edge. What a novel idea that was 10 short years ago. And when I next spoke with her, after a few awkward minutes, our words flowed. There was relief on her part, I think, that I wasn't respond-

ing with a trite phrase like "Don't talk like that," or "You have too much to live for." I listened and I cared.

Through her own perseverance and strength, and with the help of qualified medical professionals, my sister is doing just fine now. I am grateful for that, and I am grateful for having taken ASIST training.

The topic of suicide continues to touch my life — in ways that inspire and move me. Through the years I've worked at Fort Polk's Public Affairs Office, I've met some courageous people who have shared their stories with me. They've spoken openly about their struggles with suicide and suicidal thoughts ...

There was the Fort Polk Family member who took an overdose of

sleeping medication, seeking relief from her mental anguish. She never expected to wake up, but she did.

She got the help she needed and was eager to share her story. She wanted to let others know that there is hope, there is relief from pain, there is help for those who feel they are facing insurmountable challenges all alone ...

There was the Fort Polk Soldier, thriving now, who survived a suicide attempt because his battle buddy removed the firing pin from his rifle. His message: Speak up, speak out, get help and care for your buddy as he was cared for by his ...

Most recently, there is Jamie Flowers, an Army spouse who also works at Army Community Service. Jamie's father passed away when she was 16. Two years later, in June, 1997, Jamie's mother died. Jamie sought comfort with her younger sister.

"We would lie in bed together and

hold hands, but we never really talked about it."

In August, Jamie left for college. But without her mother, without her sister's comfort, Jamie felt she had lost her anchor and emotional support. Jamie went to college feeling frightened and alone.

"I had no one to depend on. I felt I had lost everything in my

life that I loved and I didn't know where to go for help," she said. Soon the depression set in.

"I just wanted to be with my mom and dad. I wanted to go to sleep and never wake up."

Jamie used her faith to keep herself alive. "I'd tell myself that suicide is a sin, and if I did it, I would never again see my mom and dad. And, I think the thought of leaving my younger sister alone stopped me. She is my strength." Still, Jamie had a plan ready.

"I always had the means to commit suicide nearby (pills). I had a note ready for my roommate. I wanted her to tell my siblings that I died of a sickness, not suicide."

After professional counseling, Ja-

mie worked through her anguish, but some hurts can linger a lifetime.

"I got married in 2004 to a Soldier, and that has been the best thing that's happened. He's allowed me to talk and to cry and he's been willing to listen. But every deployment, and there have been four, brings back my feelings of loss. Every time he leaves I feel that emptiness inside," she said.

But Jamie is one determined woman. Now working on a degree in psychology, she says that the "best is yet to come." She also felt strongly about using her name for this commentary in the hopes that she can be a source of strength to other military spouses.

Jamie, too, has taken ASIST training, and it's been of huge help, she said. "I don't ever want to go back to that place, that river of suicide. If I do, I'll never get the chance to be a mom, a sister, a Dr. Flowers. I feel now that I know what steps to take to get the help I need. There are no guarantees that I won't get depressed again or suffer from anxiety, but I am never going to contemplate suicide. I have too much to live for."

Jamie said that she often gets called "a hooah Army wife. But really, I am just a human being. I never want anyone to feel as if they are treading water or on the edge."

And from someone who's been there, Jamie offers this advice to other spouses who may be suffering from depression, anxiety or have had suicidal thoughts: "Find someone to listen to you. Don't be afraid to talk to someone. Talk to your spouses, close friend, a chaplain — just find someone! And don't let anyone dictate to

you how you should feel. Reach out to other people," she said ...

I will never forget these people. I keep them close to me, for in many ways they've changed my life. I'm obligated to them now for the trust they have placed in me. They've shared with me — with us — the most intimate details of their lives in the hopes that they can offer help and hope to someone else. They have shown me that courage wears many faces and the most tragic, the most trying of times can be overcome.

Most of all they have taught me that all of us have a responsibility to our neighbors, coworkers and friends. We can all be advocates for suicide prevention. We can all help to reduce the number of suicides in our Army Family by watching, caring and acting.

We have to — it's our responsibility. We don't have to be experts, we just have to care. Remember the acronym ACE: Ask, Care, Escort. If you suspect someone is contemplating suicide, ask that person about it. Care for that individual by taking away the means to commit suicide — car keys, weapons or medication. Escort the person to behavioral health, the chaplain, or a supervisor. Get that person to qualified, professional help as quickly as possible.

For more information please contact Fort Buchanan: Mrs. Myrna Llanos and Mr. Alberto Orellana, (787) 707-3125, 707-3897. Mr. Ricardo Villalba, who completed the ASIST workshop in Suicide first aid. Ricardo is available at (787) 707-3068. Chaplain Office: (787) 707-3904.

“

I got married in 2004 to a Soldier, and that has been the best thing that's happened. He's allowed me to talk and to cry and he's been willing to listen. But every deployment, and there have been four, brings back my feelings of loss. Every time he leaves I feel that emptiness inside.

- Jamie Flowers, Army Spouse

”



CSM's Leader Development

All personnel (civilian and military) must adhere to the rules and regulations regarding safety while on Fort Buchanan, especially when it comes to Physical Training.

All runners/walkers are **required** to run or walk facing oncoming traffic (left side of the road). This is not an option. The runner/walker's back should never be to the traffic. This allows the runner/walker to maintain eye-to-eye contact with the vehicle operator and gives the runner/walker a chance to react should the vehicle come too close. Vehicle operators should not have to guess what a runner/walker is going to do. This rule ensures the safety of both the vehicle operator and the runner/walker.

Reflective belts are mandatory. Absolutely no headphones, IPODS, MP3s, etc., when running — this goes for everybody — military and civilians.

Bicyclists **must** wear helmets, reflective belts or vests, and obey all posted traffic signs just as a vehicle operator is required to do.

Please think safety in all that you do. And, as always, thanks for your continued support.

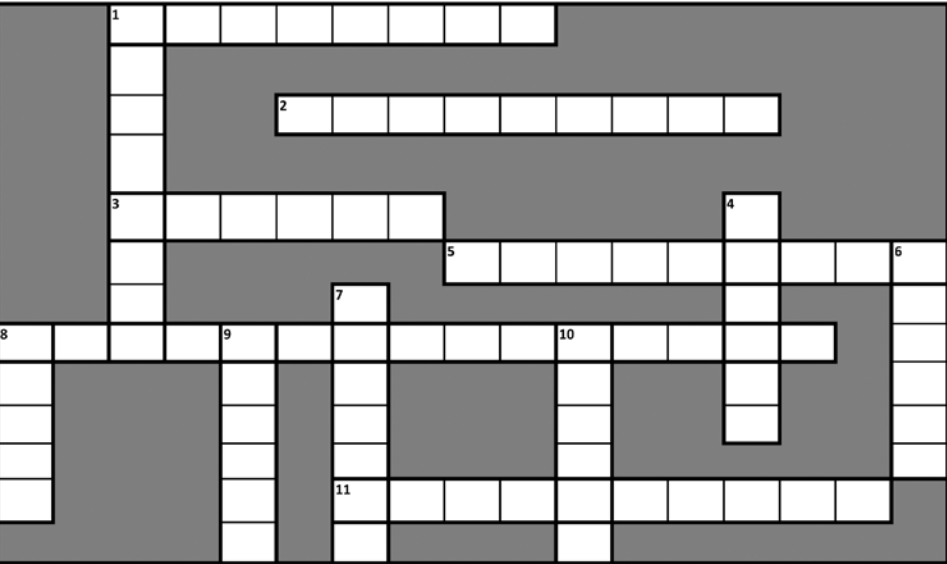


Command Sergeant Major Davis, U.S. Army Garrison, Fort Buchanan

ARMY STRONG.™

Kids' activities

USAG Fort Buchanan 2010 Strategic Planning Puzzle



Horizontal:


- 1. IMCOM _____ Plan
- 2. LOE 3 Leader and _____ Development
- 3. LOE 3 _____ and Workforce Development
- 5. LOE 4 Installation _____
- 8. LOE stands for _____
- 11. In the short future, USAG Fort Buchanan will be recognized as an Army Community of _____

Vertical:


- 1. LOE 1 Soldier, Family and _____ Readiness
- 4. LOE 6 _____ Efficiency and Security
- 6. "Stamp out _____" IMCOM initiative to eliminate irrelevant processes
- 7. LOE 1 _____, Family and Civilian Readiness
- 8. New IMCOM CG, LTG Rick _____
- 9. LOE 5 _____
- 10. LOE 2 Soldier, _____ and Civilian Well-Being



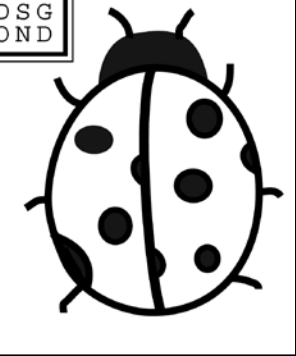
CONSERVATION MATTERS TO ALL OF US




CONSERVATION
WORD SEARCH



AGRICULTURE	NASMULCHTHDEYBXNPI	IRRIGATION
ANIMALS	EURMHBUTTERFLYLULUR	LADYBUG
BACKYARD	WATCCVKGFSAQPBASZR	MULCH
BEE	FSDROFLCLADYBUGIHI	NATIVE
BUSH	OUJWINYROWNTISRLAG	NATURE
BUTTERFLY	XCVEKESOWMPNATIVEA	NUTRIENTS
CALIFORNIA	TMATRENEESPEJOCLMT	POND
COMPOST	EWCLLOETROEOSBUGHI	PRESERVE
CONSERVATION	HTKAIESASVHJSKLISO	RECYCLE
CROPS	LAONBFPIRCAVETTYAN	SEEDS
EROSION	BGBDNFOEOMATEDURZR	SOIL
FARM	IAQIHTSRGNMLIPRYET	TREE
FLOWER	GRCUTEUONJHSGOENBE	TURTLE
GARDEN	TDRKRABRAIWOWRNEUL	WATER
GRASS	PEOPYLTGTVANIMALSA	WETLAND
HABITAT	ONPIXACVULTKLMGSRT	
	SDSTYIRERLENSEEDSG	
	RECYCLEDEAREJFPOND	



HOW MANY
CAN YOU FIND?





A conservation conversation

DPW leads efforts to curb exposure to Dengue

The DPW-Environmental Division along with the Rodriguez Health Clinic, Mr. Juan Oliveras, Preventive Medicine, are conducting monthly mosquito surveillance throughout Fort Buchanan according to Alicia M. Navedo Núñez, DPW Environmental Division, Natural Resources and Pesticides Manager. Navedo indicated samples collected during the surveillance are shipped to the U.S. Army Center for Health Promotion and Preventive Medicine for identification.

Together with Juan Oliveras, Environmental Health Specialist working at the Rodriguez Army Health Clinic Preventive Medicine Office, they are currently trying to improve the mosquito surveillance program by conducting research on equipment, types of mosquitoes and their behavior, breeding, and any preventive measures that can make the installation safer for residents, employees and visitors.

"We are very concerned with the dengue outbreak," said Navedo. On Friday, 24 September Oliveras and I visited the Dengue Branch of the Puerto Rico Centers of Disease Control (CDC) for a more thorough explanation on how we could survey the disease carrying mosquito population

on Fort Buchanan," she added.

While there they discussed the two main disease carrying mosquitoes; the *Aedes aegypti* which transmits dengue virus and the *Culex quinquefasciatus* that transmits the West Nile Virus.

The *Aedes* mosquito lives only where humans are located. The only way to control this mosquito is by preventive measures, since they breed in or near housing, storage lots, and offices. They typically bite during the daytime. Fogging with insecticides, which kills by contact, doesn't work for this mosquito in general. What remains most effective in control of dengue is to kill the larvae by destroying their breeding sites by draining water-filled containers

and removing litter appropriately. The solution is to educate the public with an intense mosquito control campaign.

It is important to note that Dr. Roberto Barrera, the CDC's Chief Entomology and Ecology Activity for the Dengue Branch, stated that for every one thousand *aedes* mosquitoes, only one contains the dengue virus.

In order to monitor the dengue virus in isolation at Fort Buchanan, the Rodriguez Army Health Clinic along with Las Americas Clinic must provide the

CDC the number of dengue cases and locations. Currently, the Guaynabo Municipality is considered a zone of dengue outbreak. The environmental division does not have the means to monitor the virus per se, only to identify the type of mosquito.

"It is the responsibility of the health physicians to communicate any dengue cases to the CDC," stated Navedo.

The *Culex* mosquitoes live mostly in forested areas, sewage, or near organic matter, and typically come out during the night time. This is why fogging which is the appropriate measure to control this mosquito is performed at night time at Fort Buchanan. These mosquitoes have a painful bite and most commonly affect residents near

forested areas, wetlands, and lakes. Most mosquitoes killed at Fort Buchanan are of the *Culex* family.

"I usually conduct visual inspections and report any findings to DPW to see if the finding can be fixed, but in reality it is the resident's responsibility to keep their house free of mosquito breeding sites in order to prevent the dengue virus," concluded Navedo.

Meanwhile housing residents are being provided with a brochure that outlines the measure they must take to continue have a healthy and safe home on Fort Buchanan.

For more information on the disease please contact Maria Cifredo at the Health Clinic at 787-707-2175 or Juan Oliveras 787-707-2577.

Aedes aegypti is the major vector of dengue viruses worldwide.



The Rodriguez Army Health Clinic will close Oct. 8 and 11 in recognition of Columbus Day. The clinic will also close Nov. 11 and 12 Nov. in observance Veterans Day.

Effective immediately, Service Members coming to the clinic for appointments and meetings will be required to wear the duty uniform or APFT uniform. Service members

with leave forms will be exempt from this requirement. The seasonal flu vaccine is available for Active Duty Service Members.

The scheduling of groups larger than five Service Members should be coordinated with the clinic vaccine nurse.

The clinic closes every Wednesday afternoon for staff member training.

RAHC recommends CDC guidelines for caring for people with Dengue Fever

Dengue Symptoms:

The principal symptoms of dengue are high fever and at least two of the following:

- Severe headache
- Severe eye pain (behind eyes)
- Joint pain
- Muscle and/or bone pain
- Rash
- Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising)
- Low white cell count

Generally, younger children and those with their first dengue infection have a milder illness than older children and adults.

How to care for the patient while they have a fever:

- Bed rest. Let patient rest as much as possible.

- Control the fever.
- Give acetaminophen or paracetamol (Tylenol) every 6 hours (maximum 4 doses per day).
- Do not give ibuprofen (Motrin, Advil) aspirin, or aspirin containing drugs.
- Sponge patient's skin with cool water if fever stays high.
- Prevent dehydration, which occurs when a person loses too much fluid (from high fevers, vomiting, or poor oral intake).
- Give plenty of fluids and watch for signs of dehydration.

Bring patient to clinic or emergency room if any of the following signs develop:

- Decrease in urination (check number of wet diapers or trips to the bathroom)

- Few or no tears when child cries
- Dry mouth, tongue or lips
- Sunken eyes
- Listlessness or overly agitated or confused
- Fast heart beat (more than 100/min)
- Cold or clammy fingers and toes
- Sunken fontanel in infant
- Prevent spread of dengue within your house.
- Place patient under bed net or use insect repellent on the patient while they have a fever.

Mosquitoes that bite the patient can go on to bite and infect others.

- Kill all mosquitoes in house and empty containers that carry water on patio.
- Put screens on windows and doors to prevent mosquitoes from coming into house.

How to Care for the Patient While Fever is Going Away:

- Watch for warning signs as temperature declines 3 to 7 days after symptoms began.
- Return IMMEDIATELY to clinic or emergency department if any of the following warning signs appear:
- Severe abdominal pain or persistent vomiting.
- Red spots or patches on the skin
- Bleeding from nose or gums
- Vomiting blood
- Black, tarry stools
- Drowsiness or irritability
- Pale, cold, or clammy skin
- Difficulty breathing

You should have available the name and telephone number of your doctor and ask for clarifications if needed.

ADA all the way



Photos by Luis Delgadillo

Fort Buchanan Headquarters building staff christened a newly constructed elevator Sept. 29 and in doing so completed the final step in a long journey to become compliant with the Americans with Disabilities Act. Above from left: Gunnar Pedersen, deputy to the garrison commander; Pascual Quiñones the director of public works and the Garrison Commander; Col. John D. Cushman prepare to cut the ribbon on the elevator, the construction of which was held up due to budgetary changes and changes in command.

Gunnar Pedersen, deputy to the garrison commander, stands near the new elevator Sept. 29 just before the ribbon cutting ceremony at Fort Buchanan's headquarters.



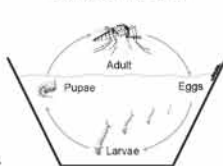
Evelyn Rivera, a security manager, and administrative assistant Magda Rivera, joke about having their tickets ready for the elevator trip to their respective floors at Fort Buchanan's headquarters building Sept. 29.

How to Prevent the Spread of the Mosquito that Causes Dengue

General information about *Aedes aegypti*

- Although there are more than 40 mosquito species in Puerto Rico, only one, the household mosquito, *Aedes aegypti*, can transmit dengue.
- The dengue mosquito lays its eggs on the walls of water-filled containers in the house and patio.
- The eggs hatch when submerged in water. Eggs can survive for months.
- Female mosquitoes lay dozens of eggs up to 5 times during their life time.
- The mosquito life cycle, from egg to larvae, pupae, and to an adult mosquito, takes 8 days and occurs in water. Adult mosquitoes live for one month.
- Adult mosquitoes "usually" rest indoors in dark areas (closets, under beds, behind curtains); only female mosquitoes bite humans.
- The dengue mosquito can fly several hundred yards looking for water-filled containers to lay their eggs.
- A few mosquitoes per household can produce large dengue outbreaks.
- The dengue mosquito does not lay eggs in ditches, drainages, canals, wetlands, rivers or lakes; pouring chlorine into these habitats is useless. Chlorine is harmful to aquatic life.

Mosquito life cycle



Common containers in which eggs develop into adult dengue mosquitoes:

Those that are filled with water by people

- Drums and water cisterns, 5 gallon buckets, small buckets, plants in water, decorative fountains, broken water meters, animal drinking bowls, portable pools (not in use), potted plants and bases, open or unsealed septic tanks, or septic tanks lacking vent pipe screen.

Those that are filled with rain water

- Discarded tires, bottles, pots and pans, broken appliances (toilets, washbasins, refrigerators, washing machines).
- Items left outside such as garbage cans, paint trays, tarps, 5 gallon buckets and their lids, toys and coolers.
- Boats and other vehicles that can hold rain water.

Control of larvae and pupae to avoid production of adult mosquitoes:

- Throw away, turn over, empty or store under a roof any container that may accumulate rain water.
- Always place a tight lid on containers used for water storage (buckets, drums).
- Verify that there are no larvae or pupae in stored water (empty the container, wash walls with a brush to remove eggs, rinse, and cover).
- Maintain running water in fountains, artificial lakes or estuaries. Place fish (guppies, betas) in ornamental fountains that are always filled with water.



- Empty ornamental fountains that are not in use.
- Clean animal drinking bowls everyday, taking care to wash away eggs.
- Ask the Water Authority to replace broken water-meters.
- Repair broken septic tanks and cover vent pipes with wire mesh.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

Mosquito Control

- Use screens on doors and windows.
- Use patio insecticides such as Permethrin (pesticide and repellent) and Allethrin (candles and lanterns). Wear long sleeve shirts, long pants, socks and closed shoes to avoid mosquito bites at dusk and dawn especially.
- Use repellents containing DEET (N, N-diethyl-m-toluamide) or Picaridin on your clothing and exposed skin. Follow manufacturer's instructions and CDC recommendations. (www.cdc.gov)



(28304320-1)

DOMESTIC ABUSE PREVENTION MONTH IN THE ARMY



SOLDIERSFAMILIESCOMMUNITY

THE PERFECT COMBINATION FOR PREVENTION



NETWORK FOR RESILIENCE

ARMY COMMUNITIES PREVENT DOMESTIC ABUSE

RMO director, Steve Gray indicates positive outlook for the 2011 fiscal year

FY10, from page 5

going toward the effort were returned to the garrison. Work like this required sharp pencils, and sharp minds.

Consider the following; even with the complications of the accounting process, CAPECO, and Haiti, fielding of ATAAPS and preparations for GFEBs, the office still successfully accomplished its mission of accounting for every dollar allotted.

Gray said one of ways the refinery explosion continued to effect operations through the year was budget tightening that had to occur in order to pay for CAPECO related costs. Some of which were not covered under existing maintenance contracts.

"It's not only about spending the resources, the accounting side of the house has got to do a lot with it (sic). He said accounting has been able to keep processing documents and process funding in accordance with regulations," Gray said.

According to him, this reallocation of resources meant directorates had to cutback on supplies and hiring in order for RMO to ensure funds would carry the installation through

the entire 2010 fiscal year.

While it is easy to get lost in the details associated with resource management, Gray points out that its the people in his office who make things happen.

"We have two branches, we have a budget and accounting branch and we have a manpower and agreements branch," said Gray giving credit for the success of RMO.

"It's (work) consistent across the board because everybody (in RMO) is managing pieces of it but it's important that the pieces come together at year end close so that our position (fund) is fully utilized, or spent." "We are probably having one of the greatest year end closes ever," he added.

In order to ensure future success Torres and Gray both agreed that the planning and anticipation of one's needs must be done thoroughly to prevent last minute spending sprees, which result in unnecessary additional administrative work.

Contracting

Keeping pace with RMO was the Directorate of Contracting, which not only serves the garrison but provides support to multiple Federal entities across Puerto Rico.

Contracting Officer Maria Otero said things have been a little more challenging than previous years, "We are sort



Col. John D. Cushman, members of the command group and Resource Management Office staff celebrate the close of the 2010 fiscal year with a catered dinner at the RMO inside the headquarters building Sept. 29. The Resource Management Office and the Directorate of Contracting are usually charged with heavier workloads toward the end of fiscal years.

Photo by Luis Delgadillo

of out two contracting specialists ... besides that, funding the shortage of funding has been one of the concerns," Otero said.

Though Contracting is not responsible for the funding of projects like RMO, the staff still has to contend with funding shortfalls if a customer's request for a contract fails to be funded by their higher headquarters.

"One of things we have had trouble with in the past is the incremental funding of projects but (for example) we have been in contact with the garrison RMO and right now they are starting to fund most of the projects fully," Otero said, "I think we are going to be bet-

ter off for next year." An incremental contract, doesn't include funding up front, which means there is more work to do to satisfy the needs of the customer and there are more administrative costs associated with the contract. Like RMO with its budget work, contracting went into overdrive completing contracts requests from customers. Many contracting specialists, including Otero, worked overtime. The work seems to have paid off.

"We have processed approximately \$26 million in contracts with only about 20 percent of those contracts going to the states," said Contracting Director Edwin Méndez. That means the contracting office

has facilitated the infusion of more than \$20 million into the local economy.

Another challenge Otero and Méndez face is last minutes requests from customers, which usually come flood into their office in June. To avoid that problem Otero reminds customers to get the ball rolling on planning contracts early even if funding is not immediately available because the leg work can be completed early.

With the FY10 behind them both the RMO and the Contracting leaders emphasized the importance of timely requests but for now both can rest easier knowing that 2010 can is behind them and 2011 is an open book.

CSM, From Page 2

job.

1848 – Ran for re-election to Congress – and lost.

1849 – Sought the job of land officer in his home state, was rejected.

1854 – Ran for Senate of the United States, lost.

1856 – Sought the Vice-Presidential nomination at his party's national convention – got less than 100 votes.

1858 – Ran for U.S. Senate again – again he lost.

1860 – Elected president of the United States.

"The path was worn and slippery. My foot slipped from under me, knocking the other out of the way, but I recovered and said to myself, "It's a slip and not a fall."

Abraham Lincoln (February 12, 1809 – April 15, 1865), the sixteenth President of the United States. Army Strong!



Fort Buchanan Bible Study (Non denominational)

Time: Thursdays from 12:00 to 12:30

Location: Community Club
(Coqui Room)



Sponsored by the Garrison Chaplain's Office
For more information contact: 707-3904



CALL TO DUTY
BOOTS ON THE GROUND



U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



ASIST workshops forge 1st MSC first responders



Photo by Sgt. 1st Class Alfonso Flores

On 21- 22 Sept. the 1st Mission Support Command's Human Resource Office led by Norma E. Rivera coordinated an Applied Suicide Intervention Skills Training for Soldiers and DoD Civilians. The work shop's primary objective was to increase the number of first responders to help recognize individuals who are prone to or at risk of suicide. The training was conducted by Walter Morales, the Army suicide prevention manager from Washington D.C. and trainers from Fort Eustis, Va., chaplains and Religious Support Office personnel from Fort Buchanan.



Photo by Sgt. 1st Class Alfonso Flores

On Sept. 19, a group of family members and friends gathered to say farewell to Lt. Col. Luis Pomales, former assistant chief of staff for the 1st Mission Support Command. His new challenge is at the U.S. Army Reserve Center in Atlanta, where he will be in charge of the training section. In the photo, center, Pomales, his wife Karla and his daughter Valeria.



Courtesy photo

In the photo, Sgt. Elina Burgos displays her artistic abilities as she hand paints an original design on a "T-Wall" at the entrance of her place of duty while deployed to Contingency Operating Base Adder, Iraq. This painting symbolizes the legacy left behind from the Soldiers of the B Expeditionary Signal Company of the 35th Expeditionary Signal Battalion with headquarters in Juana Díaz, Puerto Rico.



B company, 35th SB returns

On Sept. 19 happiness, hugs, kisses, tears and cheers were the order of the day when the Expeditionary Signal Company B of the 35th Expeditionary Signal Battalion arrived at Reserve Center “Cabo Juan Grajales Rosario” in Aguadilla, P.R.

An anxious group of family members and friends waited for the magic words of “Dismissed” to overrun the formation of 120 Soldiers who had just arrived after being deployed to Iraq for a year.

210th RSG starts new chapter

On Aug. 31, the 210th Regional Support Group arrived at Luis Muñoz Marín International Airport after being deployed for one year in Iraq. Family members and friends along with the local press gave these Warrior Citizens a warm welcome.





U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing
Citizen Soldiers



Soldier preps to be Golden Knight

By Sgt. 1st Class Alfonso Flores
1st Mission Support Command
Public Affairs Office

Sgt. Wilfredo Villegas Mojica from the 268th Cargo Transfer Company joined the Army in December of 2001 and has been deployed twice to Afghanistan. For some time, he was drawn to the idea of skydiving and after his first tour, he went to the "Xtreme Divers Skydiving School," currently located in Vega Baja, P.R. There, he did a tandem jump (a jump where a person straps to an instructor) and was hooked for life.

Shortly after, he completed the Accelerated Freefall course and logged more than 50 jumps in a single month.

Later, one thing led to another and he started working as a parachute packer and as a freefall videographer. Now, this avid jumper seems to be living in the sky and has logged more than a thousand jumps.

As his passion for skydiving grew, his goal then became to be a member of the prestigious Golden Knights.

This team has its beginning in 1959 when 19 men joined together to form the Strategic Army Corps Sport Para-

chute Team, to compete in the then communist dominated sport of skydiving.

The team performed so well that on June 1, 1961 the Army officially recognized, designated and activated them as the U.S. Army Parachute Team, Golden Knights.

The requirements to be considered for joining the team are: being on active duty or go to Regular Army after completion of the program, be Airborne qualified or be willing to attend Basic Airborne School, have at least 100 freefall parachute jumps and have a flawless military and civilian record.

In 2008, while deployed for his second tour in Afghanistan, he met a former Golden Knight who encouraged him and gave him a few tips on what was needed and how to apply for the team. After his deployment, he did not apply for the 2009 try-outs because he was pursuing another one of his dreams, which was to obtain a bachelors degree in information technology where he graduated with honors.

After graduating with honors he began the process of applying to the

“
Once I had to cut away my main
parachute and deploy the reserve
due to entanglement of the lines
... I knew exactly what to do.

- Sgt. Wilfredo Villegas Mojica
Golden Knights candidate

”



Army parachute team in April of 2010. In August he was accepted to attend the Golden Knight assessment and selection program.

This rigorous 8 week process assesses skydiving skills and evaluates team working abilities. "I'm very proud and honored to be one of the chosen few selected to try out for the team".

"During my skydiving career I've had some accidents but nothing so serious that required medical attention

(thank God). Once I had to cut away my main parachute and deploy the reserve due to entanglement of the lines ... I knew exactly what to do.

I would say that skydiving is a very safe sport, a lot safer than driving, especially here in Puerto Rico. "

"I love to fly, but I would rather do it while wearing the Army colors and I have the support of God first and foremost, my wife, Lady D. Delgado who is very supportive and proud of me".



During a visit to the 1st Mission Support Command on Sept. 17, Brig. Gen. Jon J. Miller, deputy commanding general Army Reserve and Sgt. Maj. Robert J. Ireland, senior training noncommissioned officer deputy chief of staff, were briefed on various missions of 1st MSC Soldiers. Here in the photo, we see as they observe Soldiers at Ramey Base Aguadilla, P.R. as they demonstrate the proper decontamination.



On Sept. 19 Brig. Gen. Fernando Fernández, 1st Mission Support commanding general, held his first Officers Call training meeting at the Fort Buchanan Community Club. More than 150 officers had the opportunity of hearing straight from the boss, his vision, command philosophy, insight on professional development and how to continue growing in the military. In the afternoon session, other topics were discussed related to legal, Criminal Investigation Division, property book, maintenance and accountability.